



ALMONDS, SHELLED, WHOLE, NATURAL, OR ROASTED

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Code: A255

PRODUCT DESCRIPTION

- Shelled almonds are U.S. Grade 1 whole natural or whole roasted almonds.

PACK/YIELD

- Almonds are packed in 2 pound bags, which is about 64 servings (½ ounce each).

STORAGE

- Store unopened almonds in a cool, dry place.
- Store any opened almonds in an air-tight container or tightly closed plastic bag in the refrigerator.
- Look at the “Best if used by” or “Best by” date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

USES AND TIPS

- Almonds can be used in any recipe calling for nuts.
- Add almonds to casseroles, vegetable and rice side dishes, stuffing, baked goods, desserts, and salads.
- Chopped almonds can be used with or in place of bread crumbs.
- Try sprinkling almonds and crushed cereal on top of yogurt or cottage cheese for a breakfast treat or snack.
- Almonds make a nutritious snack right out of the bag or mixed with fruit.

NUTRITION INFORMATION

- ½ ounce or 12 almonds counts as 1 ounce in the MyPyramid.gov Meat, Poultry, Fish, Dry Beans, Eggs and Nuts Group. For a 2,000-calorie diet, the daily recommendation is about 5 ½ ounces.
- Almonds are a protein source and contain no cholesterol.
- Though almonds are high in fat, the majority of the fat is made up of monounsaturated fats (the “good” fats).

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: ½ ounce (14g) shelled whole almonds, dry roasted

Amount Per Serving

Calories	90	Calories from Fat	70
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% Daily Value*

Total Fat 7g	12%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	7%
Sugars 1g	
Protein 3g	

Vitamin A	0%	Vitamin C	0%
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Calcium	4%	Iron	4%
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*Percent Daily Values are based on a 2,000 calorie diet.

RICE PILAF**MAKES ABOUT 5 SERVINGS****Ingredients**

- ¼ cup whole almonds, chopped
- 3 cups water
- 1 ½ cup rice, uncooked
- ½ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon black pepper

Directions

1. Bring water to a boil in a medium-size saucepan over medium heat.
2. Place rice, almonds, garlic powder, salt, and pepper in the pan. Cover and reduce heat to low.
3. Cook for 20-25 minutes, adding another ½ cup water if needed.
4. Fluff cooked rice with a fork before serving.

Tip

This dish goes very well with fish and chicken. Add a green salad to complete the meal.

Nutritional Information for 1 serving (about ½ cup) of Rice Pilaf					
Calories	250	Cholesterol	0 mg	Sugar	1 g
Calories from Fat	40	Sodium	120 mg	Protein	6 g
Total Fat	4 g	Total Carbohydrate	47 g	Vitamin A	0 RAE
Saturated Fat	0 g	Dietary Fiber	2 g	Vitamin C	0 mg
				Calcium	54 mg
				Iron	1 mg

Recipe adapted from SNAP-ED Connection Recipe Finder, <http://recipefinder.nal.usda.gov>.

GREEN BEANS WITH ALMONDS**MAKES ABOUT 4 SERVINGS****Ingredients**

- 3 tablespoons whole almonds, chopped
- 1 tablespoon vegetable oil
- 1 small onion, finely chopped
- 1 garlic clove, chopped
- 1 can (about 15 ounces) green beans, drained, or 1 pound fresh green beans
- ¼ teaspoon black pepper
- 3 tablespoons Parmesan cheese (if you like)

Directions

1. Heat oil in a medium-size skillet over medium heat.
2. Add onion and garlic and cook until golden brown.
3. Add green beans and cook until hot. Stir in almonds and pepper.
4. If using Parmesan cheese, sprinkle on top before serving.

Nutritional Information for 1 serving (½ cup) of Green Beans with Almonds					
Calories	120	Cholesterol	0 mg	Sugar	2 g
Calories from Fat	80	Sodium	280 mg	Protein	4 g
Total Fat	9 g	Total Carbohydrate	9 g	Vitamin A	19 RAE
Saturated Fat	0.5 g	Dietary Fiber	4 g	Vitamin C	6 mg
				Calcium	64 mg
				Iron	1 mg

Recipe adapted from Recipezaar.com.